

# McBride Labyrinth and Meditation Garden

## Donated by Helen Jackson Lindsay '52



Constructed in 2008, the McBride Labyrinth and Meditation Garden is a space dedicated to reflection. The labyrinth is named for former university Chaplain Emeritus Richard McBride. The Meditation Garden serves as a student memorial space built in honor of Elon University students who have lost their lives while enrolled at the university. The labyrinth and garden were dedicated during a ceremony on December 4, 2008.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The McBride Labyrinth has many symbols associated with the design. For instance, the path is laid out in the shape of a tree, and the design is a compass. The joints in the pebble concrete path point in a nautical direction with a tree as a guide. The labyrinth represents a journey to the center and back again out into the world. The walk gives a chance for inner reflection and connection to sources of guidance. Just follow the path that provides the guidance to the center and back out.

You are invited to follow the path to the center of the labyrinth. To begin your journey start at the Overcup Oak (*Quercus lyrata*) tree. Throughout your journey take time to reflect on peace and calmness. Just follow the path, walk with intent and purpose on the 800 linear feet of this winding trail. The 1/5 acre garden is fenced off by 7 Green Giant Arborvitae (*Thuja plicata*), and 2 additional Northern Red Oak trees (*Quercus rubra*). Take note of the location of the plantings. Strategically placed, the 7 arborvitae are arranged like a compass. During every winter and summer solstice the sun rises and sets on one of the arborvitae casting a shadow towards the middle oak. Once you have made it to the center you will be greeted by another Overcup Oak (*Quercus lyrata*). Take time to pause and reflect before taking the path out to exit. The journey is yours, no one else.